

Universal Respiratory Precautions

For Health Care Settings

- Cover coughs and sneezes with tissues or surgical masks
- Wash hands frequently
- Wear gloves and gowns and replace often
- Get your flu and pneumonia vaccines

www.nj.gov/flu

Flu Facts

- The flu causes about 114,000 hospitalizations and about 36,000 deaths each year
- The flu spreads easily from person-to-person through coughing or sneezing
- Health care workers are at risk of catching the flu from patients
- Patients are at risk of catching the flu from health care workers



Flu Vaccine Facts

- The flu vaccine will not give you the flu
- A flu vaccine is needed every year
- The flu vaccine is highly effective at preventing the flu
- The flu vaccine is safe for pregnant women in their 2nd or 3rd trimesters

It's One More Way to Show You Care...



Get Your Flu Vaccine.

